

Humanitarian Daily Ration (HDR)

Teri Kemmer, PhD, MSA, RD, LD, LTC, USA
International Nutrition Consultant, CDHAM
Assistant Professor, Military and Emergency Medicine, USUHS
Tkemmer@USUHS.mil
(301) 295-4526

CHÉVREUIL LE COUVRENT T'ABRE POUR EN CIMA
OPEN AT TOP

HUMANITARIAN DAILY RATION

This bag contains one day's complete food requirement for one person.
Ce sac contient l'équivalent d'une journée de nourriture pour une personne.
Este saco contiene comida de requisito para un día completo para una sola persona.



Food Gift From The People Of The
UNITED STATES OF AMERICA

CHÉVREUIL LE COUVRENT T'ABRE POUR EN CIMA
OPEN AT TOP

HUMANITARIAN DAILY RATION

This bag contains one day's complete food requirement for one person.
Ce sac contient l'équivalent d'une journée de nourriture pour une personne.
Este saco contiene comida de requisito para un día completo para una sola persona.



People Of The
AMERICA

HDR

Original HDR requirement: “was based on a need identified by the Defense Security Cooperation Agency-Humanitarian Assistance/Demining Activities (DSCA-HA/D, for a means of feeding large populations of displaced persons or refugees under emergency conditions”

SPHERE Ration Requirement Standard

- 2100 kcal/person/day
- Protein 10-12%
- Fat 17%
- Adequate micronutrient intake through fresh or fortified foods

US Government Ration

- Humanitarian Daily Rations (HDRs)
 - Designed to provide sustenance to moderately malnourished individuals in the initial stages of an organized response to an identified crises
 - 2200 kcal
 - No animal products
 - Dairy products
 - \$4 vs \$16 per day (2 Meal-Ready-to-Eat (MREs))
 - Fortified

Humanitarian Daily Ration (HDR)



Ration Comparison

Ration	Amount	Calories	% Protein	% Fat	% CHO
SPHERE Basic Ration	1 Day	2100	10-12	17	Remainder
HDR*	1 Day	2200	10-13	27-30	60
MRE**	1 Meal	1200	11-13	36-40	48-51

*** Humanitarian Daily Ration (US Government ration)**

**** Meal, Ready-to-Eat (US Military ration)**







HDRs

PROs

1.

HDRs

CONs

1.

HDRs

PROs

- Food support
- Deliverable to difficult to reach/unsupported populations
- Available free to the population and government
- Ready to eat
- Variety
- Water and fuel are not required for preparation

HDRs

PROs

- Vitamin and mineral fortified
- Complete days intake per package (2200 kcal)
- Lasts 36 months @ 80 degrees F
- Cost \$4/day
- No meat products
- Positive US public relations-promotes strong trust
- Used as a tool to move populations

HDRs

CONS

- Foods are not familiar
- Not designed for specific regions
- Difficult to open
- Cost of product
 - \$4 per day
 - \$145: Cost to feed a family per month
 - Population of 15,000 per month costs \$675,000
 - A single 100 lb bag of rice costs \$50

HDRs

CONs

- Cost of delivery/logistics
 - 22-hour mission from US base in Ramstein, Germany to drop 17,500 HDRs per aircraft
- Accessory pack
- Desiccants packets/menu #4/viewed as medicine/do not eat symbol
- Rations poisoned and contributed to illness

HDRs

CONs

- Consumption of towelette
- Labeling
- Not made for airdrops/burst when dropped; expand at high elevation; extreme cold; land on people
- Color ??
- Getting into the hands of the at risk/target population

HDRs

CONs

- Negative US public relations
- Looks like cluster bombs-yellow packages
- No measures of effectiveness
- Large numbers of the >1.2 million HDRs dropped to vulnerable populations are not recovered
- Trash

Issues Being Addressed

- Packaging color
- More commercially prepared products
- Shelf-stable pocket sandwiches
- Non-thermal processed foods
- HOOAH bar
- Review of nutritional adequacy
- Ensure “refugee friendly”
- Cultural preferences/dietary restrictions
- Development of a more varied ration

Summary

“HDR relief operation efforts have been a tremendously valuable resource for distressed populations worldwide under extraordinary circumstances such as war, flooding, famine, and earthquakes. They have been a successful means for providing stopgap nourishment and at times have been the sole means of nutrition for these populations. However, because of the increasing number and size of these emergencies, further development of the HDR should be explored in order to maximize its effectiveness.”

Questions